



Tobacco Fact Sheet for Health Care Professionals



Health care professionals are key players in reducing the toll of tobacco-related disease.

- ◆ Over 50% of parents agree that pediatricians should advise parents to quit smoking, and half of current smokers would welcome such advice.
(Stein et al, *Pediatrics*, 2000)
- ◆ Less intensive interventions, as simple as physicians advising their patients to quit smoking, can produce cessation rates of 5% to 10% per year. More intensive interventions, combining behavioral counseling and pharmacologic treatment, can produce 20% to 25% quit rates in one year.
(Surgeon General's Report, 2000)
- ◆ Brief clinician counseling of 5-10 minutes can increase cessation rates by 70% in pregnant women who smoke.
(Mullen, *Primary Care*, 1999)

Tobacco use prevention and cessation should be a major health-care priority.

- ◆ Every year, tobacco use kills more Americans prematurely than AIDS, alcohol, car crashes, murder, suicide, and illicit drug use combined.
(Centers for Disease Control and Prevention, 1998)
- ◆ Since 1987, lung cancer deaths among women have exceeded breast cancer deaths.
(Morbidity and Mortality Weekly Report, 1999)
- ◆ Smoking cessation treatment is as cost-effective as other preventive interventions (e.g., hypertension treatment, mammography), and has been referred to as the “gold standard” of preventive interventions.
(Surgeon General's Report, 2000)
- ◆ Smoking during pregnancy increases the risk of spontaneous abortion, premature membrane rupture, low-birth-weight, pre-term delivery, and perinatal death.
(King, *Postgraduate Medicine*, 1997)

Tobacco use is the leading cause of preventable death and disease.

- ◆ Smoking kills over 400,000 people in the United States each year and is responsible for 1 in 5 deaths. In Orange County, smoking kills over 3,000 people each year.*
(Surgeon General's Report, 2000; Malarcher et al, *American Journal of Epidemiology*, 2000; *Morbidity and Mortality Weekly Report*, 1999; Hays et al, *Postgraduate Medicine*, 1998; *calculation from 1997 Orange County deaths, National Center for Health Statistics)
- ◆ Smoking-related diseases include cardio- and cerebrovascular disease; chronic obstructive pulmonary disease; lung, stomach, bladder, and other cancers; peptic ulcer; and diminished health status/respiratory morbidity.
(Colditz, *Cancer Causes and Control*, 2000)
- ◆ Among California **nonsmokers**, passive smoking causes 360 lung cancer deaths, 4,200-7,440 heart disease deaths, and 900-1800 hospitalizations of toddlers and infants yearly.
(California Environmental Protection Agency, 1997)